

SAFE SPACES: AT-HOME FUELING

GATORADE
THE SPORTS FUEL COMPANY

Gain a better understanding of how to prevent the spread of germs when eating at home.

FOOD SAFETY CONSIDERATIONS

- **Shop** safely—bags on the floor, not the counters
- **Clean** and disinfect counters
- **Clean** produce with cold running water and dry well
- **Avoid** letting foods sit out for more than 2 hours (under 1 hour if outside temperature is 90+ degrees F)
- **Store** foods at the proper temperature—hot foods hot, cold foods cold
- **Maintain** proper thermometer settings in the refrigerator/freezer
 - Refrigerator: 33-40 degrees F
 - Freezer: ≤0 degrees F
- **Reheat** leftovers to 165 degrees F
- **Avoid** sharing utensils during family-style meals—everyone needs to use their own utensil to serve themselves
- **Wash** hands before, during and after preparing food

TAKEOUT/DELIVERY CONSIDERATIONS

- **Consider** ordering online or through a food delivery app
- **Ask** for contact-free/“contactless” delivery
- **Research** options with curbside pickup
- **Leave** the tip online or place any cash tip in an envelope and do not directly hand it to the delivery person
- **Bring** your own pen in case you need to sign a receipt
- **Sanitize** your hands in your car after picking up the food
- **Avoid** placing takeout bags or containers directly on your counters, and instead, take them out of the bag and put them on paper towels or napkins
- **Wash** your hands and sanitize surfaces right away
- **Discard** any to-go bags and put the food on your own plate, then dispose of the containers and wash your hands
- **Use** your own napkins and utensils
- **Avoid** storing any extra food in restaurant-provided containers, and instead, transfer to your own containers

COMMON FOODBORNE GERMS

- Norovirus
- Salmonella
- Clostridium Perfringens
- Campylobacter
- Staphylococcus Aureus

NOTE: The Centers for Disease Control and Prevention estimates that 48 million people get sick yearly from foodborne illnesses.

HOW DO FOODBORNE GERMS SPREAD?

- Poor hand washing
- Insufficient heating of food
- Improper refrigerator or freezer temperature setting for food storage which allows bacteria to grow
- Improper cleaning of surfaces used to prepare foods

Developed in collaboration with Roberta Anding MS, RDN, CSSD, LDN, CDE, Leslie Bonci MPH, RDN, CSSD, LDN, Jennifer Ketterly MS, RDN, CSSD, LDN and the Gatorade Sports Science Institute.

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